

Federal Civil Control Unit  
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ASHEVILLE, NORTH CAROLINA  
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## FIVE STEPS TO SAFETY

### LEARN:

1. Warning signals and what they mean.
2. Your community plan for emergency action.
3. Protection from radioactive fallout.
4. First aid and home emergency preparedness.
5. Use of CONELRAD—640 or 1240—for official directions.

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# facts about FALLOUT protection

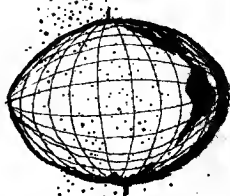
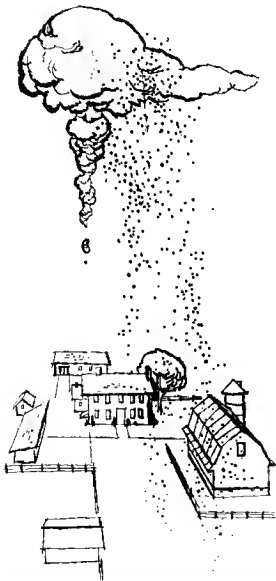




## FALLOUT?

Fallout is tiny pieces of dust and debris, which are made radioactive by nuclear explosions. When a hydrogen bomb is exploded close to the ground, thousands of tons of these tiny particles of dust and debris are sucked upward high into the air. They help form the mushroom cloud which is always seen with one of these explosions.

Some of this radioactive matter spills out of the cloud near the explosion. Most of it is carried by the wind for many miles. Eventually it settles to earth. It is called fallout and continues to give off radioactivity until it decays.



## **RADIOACTIVITY IS NOTHING NEW**

### **THE WHOLE WORLD IS RADIOACTIVE**

But normal amounts of it are not dangerous. Only when radioactivity is present in large amounts does it become dangerous. Hydrogen bomb explosions create large amounts of radioactive fallout.

Fallout could settle anywhere. Winds could carry it to every part of the country.



**YOU  
CAN  
SELDOM  
FEEL  
IT**



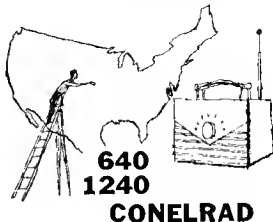
**OFTEN  
YOU  
CAN'T  
EVEN  
SEE  
IT**

But if you are exposed to much of it long enough, it can make you seriously ill even if the radioactive particles do not settle on you.

### **IT COULD KILL YOU!**

A mass of material between you and the particles is needed for protection.

Weather and radiological experts will estimate the path and speed of fallout after an attack. They will tell you how much time you have to protect yourself. If you don't get the word, play it safe. Seek the best available shelter if there has been a nuclear attack.



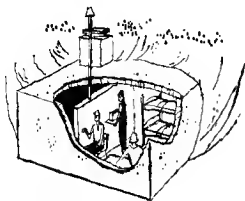
Your CONELRAD radio stations, at 640 or 1240 on your dial, will keep you informed.

Radiological monitors will measure the amount of fallout in your area. Local officials will tell you when the area is safe and when you may leave the protected area.

But the basic responsibility is yours. Listen for the instructions of your local officials. Follow them carefully.



Wherever you are—at home or away—seek the best available protection and stay there as long as you can or until advised to come out.



The best protection is an underground shelter with at least three feet of earth or sand above it. Two feet of concrete will give the same protection. If the shelter has an adequate door and an air filter, it will give you almost complete protection.



An ordinary house without basement probably would cut the radiation in half, if you stay on the first floor near the center of the house.

Staying in a house basement will reduce your exposure to about 1/10 the outside exposure. If you can sand-bag the basement windows, there will be a further reduction.

If you arrange a basement refuge, with a mass of material around and above you, as shown, you can reduce your exposure to about 1/100 of the outside exposure.



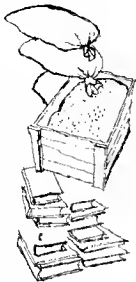
Large buildings—apartment or office buildings—give good protection. Their masonry or concrete construction generally makes it harder for radiation to get through. Basements, inside rooms, or corridors are safest.



Outdoors, a culvert that can be blocked off at the ends will furnish protection. A trench or ditch also will protect you if it can be covered quickly with three feet of earth or other heavy materials.

# REMEMBER

The more dense material you put between yourself and the fallout, the better protected you are. This can be earth, sand, or other material. In a pinch, it can be stacks of books, magazines, newspapers, or filing cabinets.



Fallout will sift into your house or shelter like dust. Stop up the doors and windows tightly.



If you think you have been in a fallout area, wash yourself and your clothes thoroughly. If you can't wash your clothes and dispose of the water, leave your clothes outside.



# BE PREPARED



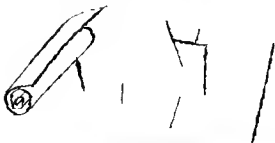
Determine which is the safest area in your home or place of business.

Decide what needs to be done to it to give you the best possible protection.



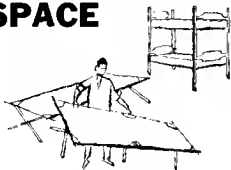
Then do as much of this as you can—**NOW.**

If you want to build a basement shelter with concrete or sandbagged walls and ceiling, plans are available. Consult your local civil defense officials.



**YOUR SHELTER AREA SHOULD HAVE:**

## SPACE



Enough to take care of your family for two weeks. Remember that you will need sleeping arrangements.

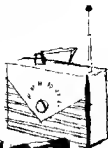
# FOOD AND WATER



A two-weeks' supply of water and precooked foods for your family. Plenty of fruit juices and water. Your family's favorite canned foods can be a morale lifter. Don't forget a can opener and bottle opener.

## EQUIPMENT

A battery operated radio to receive official instructions if your power fails. An extra supply of batteries. An outside antenna may be necessary.



An electric light,  
battery operated.  
Extra batteries.

A first aid kit.



Blankets and bedding.

Stove for heat and cooking.



Containers for garbage and human waste.

Everything you  
need for a two-  
week's stay.

**NOTE.**—Supplies and equipment should be stored in your shelter area. A hurried trip can be made outside of your shelter but it should not be made unless it is absolutely necessary.

# IN SUMMARY

Fallout is dangerous.

There are effective protective measures against it.

The best protection comes from three feet of earth or other heavy material between you and the fallout.

The best protection is planned and prepared in advance.



The best protection is not good enough if you can't stay in your shelter area until you are told to come out.